



# Office Ergonomics—Sitting Posture

An ergonomic design in office settings has become increasingly important, particularly because of the increased use of computers. Employees can do so much work with a computer; as such, they end up staying in the same position for long periods of time. Good furniture and posture thus become more important than ever.

- **DO** – sit close to work; maintain good sitting posture; sit in a chair low enough to place both feet on the floor.
- **DON'T** – slump; sit for long periods of time (more than 30 minutes) without getting up.

Here are some important tips for good sitting posture:

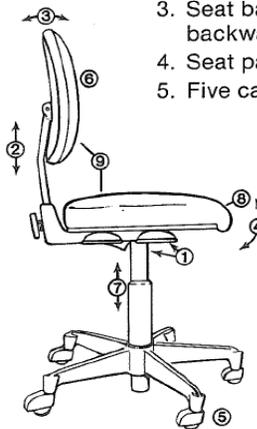
## Posture — Sitting



**Sitting** — Proper sitting posture is one of the best things you can do to prevent back and neck problems.

## What to look for in a chair:

1. Hydraulic controls
2. Seat back adjusts up/down
3. Seat back pivots forward/backward
4. Seat pan tilts
5. Five caster-easy roll base.
6. Seatback supports natural lumbar curve
7. Seat height adjusts
8. Waterfall seat front
9. Seat back and seat pan appropriate size for user



## Additional features when needed:

- Arm rests
- Stool height with foot rests
- Self locking casters
- Material/fabric appropriate for environment
- Casters for carpeted versus vinyl floors.